



INShape Indiana is about helping Hoosiers to make healthy choices by linking them to valuable resources and offering a fun challenge to improve their health and well-being. This is done with an interactive Web site at: www.inshape.IN.gov

The INShape Indiana site is a clearinghouse of information on programs, activities, and events from all over the state that can help you reach your goals for better health, including:

- Losing Weight
- Eating more fruits and vegetables daily
- Increasing physical activity
- Stopping smoking

INShape is also about participating in challenge to improve your health. All you have to do to take the challenge is register online for free as an individual or a group by answering a brief survey. Every two weeks, you'll get an e-mail message asking you to update us on your progress, so we can celebrate your success stories.



So, please take a moment today to register at www.inshape.IN.gov.

Please keep visiting the site to learn more about some exciting rewards we'll be offering participants in the near future.

We hope you will join INShape Indiana. The current poor health of Hoosiers is holding



Indiana back from success. The rising cost of health insurance coverage, coupled with lost productivity due to illness, has made Indiana a less

desirable place to do business. That's why we need more people like you, who are willing to accept our challenge to move Indiana forward by committing to healthy choices today.

For more information, contact the Governor's Council for Physical Fitness and Sports at:

800.433.0746, TDD 866.275.1274



LOG ON LIGHTEN UP



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